

## Minerals

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Calcium, Ca <a href="#">1</a>	mg	11	2	--	9	12	--	--	--	1	Analytical or derived from analytical	--	01/2003
Iron, Fe <a href="#">1</a>	mg	0.34	2	--	0.28	0.39	--	--	--	1	Analytical or derived from analytical	--	01/2003
Magnesium, Mg <a href="#">1</a>	mg	11	2	--	9	12	--	--	--	1	Analytical or derived from analytical	--	01/2003
Phosphorus, P <a href="#">1</a>	mg	5	2	--	5	6	--	--	--	1	Analytical or derived from analytical	--	01/2003
Potassium, K <a href="#">1</a>	mg	182	2	--	171	193	--	--	--	1	Analytical or derived from analytical	--	01/2003
Sodium, Na <a href="#">1</a>	mg	9	2	--	5	13	--	--	--	1	Analytical or derived from analytical	--	01/2003
Zinc, Zn <a href="#">1</a>	mg	0.07	2	--	0.05	0.08	--	--	--	1	Analytical or derived from analytical	--	01/2003
Copper, Cu <a href="#">1</a>	mg	0.060	2	--	0.04	0.08	--	--	--	1	Analytical or derived from analytical	--	01/2003
Manganese, Mn <a href="#">1</a>	mg	0.035	2	--	0.03	0.04	--	--	--	1	Analytical or derived from analytical	--	01/2003
Selenium, Se	µg	0.4	--	--	--	--	--	--	--	--	Calculated or imputed	09181	01/2003

Vitamins

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin C, total ascorbic acid <a href="#">1</a>	mg	21.8	2	--	13.2	30.4	--	--	--	1	Analytical or derived from analytical	--	01/2003
Thiamin <a href="#">1</a>	mg	0.015	2	--	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	01/2003
Riboflavin <a href="#">1</a>	mg	0.031	2	--	0.03	0.03	--	--	--	1	Analytical or derived from analytical	--	01/2003
Niacin <a href="#">1</a>	mg	0.232	2	--	0.22	0.24	--	--	--	1	Analytical or derived from analytical	--	01/2003
Pantothenic acid <a href="#">1</a>	mg	0.084	2	--	0.07	0.09	--	--	--	1	Analytical or derived from analytical	--	01/2003
Vitamin B-6 <a href="#">1</a>	mg	0.163	2	--	0.14	0.18	--	--	--	1	Analytical or derived from analytical	--	01/2003
Folate, total <a href="#">1</a>	µg	8	2	--	7	9	--	--	--	1	Analytical or derived from analytical	--	01/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food	µg	8	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	12/2006
Folate, DFE	µg	8	--	--	--	--	--	--	--	--	Calculated or imputed	--	12/2006
Choline, total	mg	7.6	--	--	--	--	--	--	--	--	Calculated or imputed	09181	12/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

## Lipids

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Fatty acids, total saturated	g	0.025	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
4:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
6:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
8:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
10:0	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
12:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
14:0	g	0.001	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:0	g	0.021	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:0	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total monounsaturated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
16:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:1 undifferentiated	g	0.002	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:1	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total polyunsaturated	g	0.039	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:2 undifferentiated	g	0.017	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:3 undifferentiated	g	0.022	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
18:4	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Calculated or imputed	--	02/1995
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	04/1985
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2003

Sources of Data  
<sup>1</sup>Nutrient Data Laboratory, ARS, USDA Nutrient Analysis of Specialty Fruit Marketed in the United States, 1987 Beltsville MD